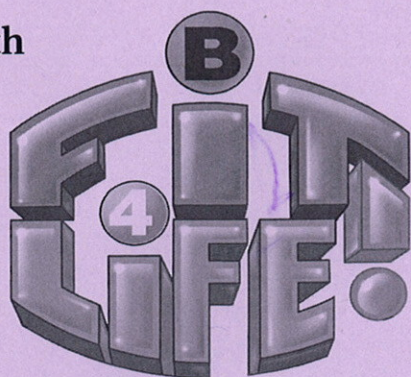




Lake County
General Health District



Public Health
Prevent. Promote. Protect.



ACTIVITY SERIES



**GO GREEN
WITH US!**

Get this monthly activity notice
via email instead of paper in the mail!
Send your e-mail address to
bhorvath@lakecountyyymca.org

**TRY THIS
PROGRAM-IT'S
ABSOLUTELY
FREE!**

Join us for an invigorating, **Night Hike!**

Lead by Andrea Pasquale
of The Lake Metroparks

This energetic hike takes place along a pre-determined route
in the early evening on Lake Metropark trails as the sun sets!



Thursday, October 6, 6 pm
Girdled Road Reservation
12898 Girdled Road
Concord Twp.

Wear appropriate clothing
and footwear!

To register or to find out more information about B Fit 4 Life
activities, call the Best of Health Line at 1-800-454-9800.